

WHAT IS CLAIMED IS:

1. A composition for the prevention or delay of the onset of side effects associated with alcohol consumption or the reduction or alleviation of said side effects, wherein said composition comprises activated charcoal and limestone.
2. The composition of Claim 1, wherein the limestone comprises activated limestone.
3. The composition of claim 1, further comprising vitamin B1.
4. The composition of claim 1, wherein said composition is in tablet form.
5. The composition of claim 1, wherein said composition is in powder form.
6. The composition of claim 1, wherein said composition is in capsule form.
7. The composition of claim 1, further comprising a re-hydrating agent.
8. The composition of claim 1, further comprising an agent capable of reducing alcohol dependency.
9. The composition of claim 8, wherein the agent capable of reducing alcohol dependency comprises Olanzipine.

10. The composition of claim 1, further comprising an agent capable of enhancing aldehyde dehydrogenase activity.

11. The composition of claim 10, wherein the agent capable of enhancing enzyme alcohol dehydrogenase (ADH) activity comprises vitamin B1.

12. The composition of claim 1, further comprising a fatigue relieving agent.

13. The composition of claim 12, wherein the fatigue relieving agent comprises L-methionine or a biologically acceptable salt thereof, biologically acceptable magnesium salts, folic acid, vitamin B6, vitamin B12, or a mixture thereof.

14. A composition for the prevention or delay of the onset of side effects associated with alcohol consumption or the reduction or alleviation of said side effects, wherein said composition comprises activated charcoal and limestone, and wherein the composition is capable of adsorbing alcohol or a metabolite thereof in an amount greater than the amount of alcohol or the metabolite thereof adsorbed by activated charcoal alone.

15. A method for alleviating the deleterious effects of alcohol consumption comprising administering to a subject a composition comprising activated charcoal and limestone.

16. The method of claim 15, wherein the limestone comprises activated limestone.

17. The method of claim 15, wherein the composition further comprises vitamin B1.
18. The method of claim 15, wherein activated charcoal is provided in an amount of about 5 to 15 milligrams of charcoal per kilogram of body weight of said subject.
19. The method of claim 15, wherein the composition is capable of inducing relief from the deleterious effects of alcohol which is greater than the relief provided by administration of activated charcoal alone.
20. The method of claim 15, wherein the composition is provided in tablet form.
21. The method of claim 15, wherein the composition is provided in encapsulated powder form.
22. The method of claim 21, wherein the composition is encapsulated in a gelatin based capsule.
23. The method of claim 15, wherein the composition is administered in conjunction with an alcohol abuse treatment.
24. A tablet comprising between about 100 and 800 milligrams of a composition comprising activated charcoal and activated limestone.

25. The tablet of claim 24, wherein the tablet comprises between about 100 to 500 milligrams of said composition.

26. A capsule containing from about 100 to about 800 milligrams of a composition in powder form, wherein the composition comprises activated charcoal and activated limestone.

27. The capsule of claim 26, wherein the tablet comprises between about 100 to 500 milligrams of said composition.